Past, Present and Future of the National Diabetes Prevention Program

This presentation will briefly review the history of the National Diabetes Prevention Program (National DPP), the current status of the nationwide implementation and results to date, along with new things that are coming soon.

The Centers for Disease Control and Prevention (CDC) initiated the National DPP in 2009 with Congressional authorization in 2010. The National DPP serves as the framework for implementing the evidence-based lifestyle change intervention. It is the largest national effort to mobilize and bring the program to communities across the country. It brings together health care professionals, community-based organizations, faith-based organizations, employers, payers, government, academic institutions and many others to help those with prediabetes or at high risk for type 2 diabetes prevent or delay onset of the condition. Together these organizations work to (1) build the workforce to effectively deliver the program, (2) ensure quality and standardized reporting, (3) deliver the lifestyle change program through organizations nationwide, and (3) increase referrals to and participation in the program.

The National DPP has four overarching strategic goals: 1) increase the supply of quality programs, 2) increase coverage and reimbursement for participants, 3) increase referrals from healthcare providers, and 4) increase demand for the National DPP among eligible participants. This presentation will provide the current status in each of these goals, including the changes in the 2018 Standards for CDC recognition and Medicare supplier eligibility. In addition, new tools, services, and campaigns will be described.

References
1. www.cdc.gov/diabetes/prevention
2. www.dolhaveprediabetes.org
Past, Present, and Future of the National Diabetes Prevention Program

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Centers for Disease Control and Prevention

Our Public Health Challenge...

30 million Americans have diabetes
84 million Americans have prediabetes
9 out of 10 adults with prediabetes don’t know they have it

Why Now? Transitioning From Science to Widespread Practice

National Diabetes Prevention Program

Largest national effort to mobilize and bring effective lifestyle change programs to communities across the country!

Overview of the National Diabetes Prevention Program

At the core of the National Diabetes Prevention Program (National DPP) is a CDC-recognized, year-long lifestyle change program that offers participants:

1. Trained lifestyle coach
2. CDC-approved curriculum
3. Development of a change

To successfully implement these lifestyle change programs, the National DPP relies upon a variety of public-private partnerships with community organizations, private and public insurers, employers, health care organizations, faith-based organizations, and government agencies. Together, these organizations work to:


National DPP Research into Practice – Key Milestones

- 2002: Diabetes Prevention Program (DPP) research trial
  - Showed lifestyle intervention reduced development of type 2 diabetes in those with IGT by 58% (71% if 60 years of age or older) compared to 31% for metformin.

- 2008-2012: Translation studies
  - Showed effective delivery by trained lay people in various community settings at reduced cost from research trials.

- 2008: Initial National DPP framework and partner convening
  - CDC, the Y-USA, and UnitedHealth Group began initial work to establish, scale, and secure coverage for the program.

- 2009: CDC partnership with Y-USA
  - CDC funded the Y-USA to offer the lifestyle change program in Louisville, KY and to expand to communities across the country as part of a staged roll-out plan.
National DPP Research into Practice – Key Milestones

- 2010: Congress authorized CDC to establish the National DPP
- 2011-12: CDC Diabetes Prevention Recognition Program (DPRP) established
  - CDC worked with partners to develop first set of national quality standards for the National DPP
  - CDC DPRP officially launched
- 2011: CDC funded Emory University to develop first lifestyle coach training program
- 2012: Evidence-based, year-long curriculum developed for use by CDC-recognized organizations
- 2012: Six national organizations funded by CDC to establish and sustain new CDC-recognized programs across multiple states
- 2012-16: Center for Medicare and Medicaid Innovation (CMMI) model test conducted
- 2012 and 2017: Diabetes Prevention Program Outcomes Study
- 2015: CDC DPRP Standards revised to allow virtual program delivery
- 2015: CDC and the American Medical Association (AMA) partnered to launch a rally cry to Prevent Diabetes STAT - Screen, Test, Act - Today™
- 2015: Medicaid Demonstration Project
  - CDC funded a demonstration project in Maryland and Oregon—through the National Association of Chronic Disease Directors—to test the feasibility and effectiveness of different models to obtain Medicaid coverage for the National DPP lifestyle change program.
- 2016: Multi-year national prediabetes awareness campaign launched by CDC, Ad Council, AMA, and American Diabetes Association
- 2016: HHS Secretary announced expansion of the National DPP into Medicare
- 2017: National DPP lifestyle change program included as a covered health benefit for state/public employees in 12 states
- 2017: CMS rulemaking completed to establish the Medicare Diabetes Prevention Program (MDPP)
- 2017: CDC funds work to reach underserved areas and populations
- 2018: Initial CDC-recognized organizations enroll as Medicare suppliers to deliver the MDPP
- 2018: CDC DPRP Standards revised a second time to align with CMS MDPP model expansion
- 2018: CDC launches National DPP Customer Service Center to support CDC-recognized organizations and all National DPP stakeholders

Increase the Supply of Quality Programs

The number of CDC-recognized organizations has increased substantially since the program’s inception.

Increase the Supply of Quality Programs

CDC-Recognized Diabetes Prevention Programs Across the U.S.

Increase the Demand for the National DPP among People at Risk

Increase Demand From Participants

Increase Coverage Among Public and Private Payers

Increase the Supply of Quality Programs

National DPP Strategic Goals

- Increase the supply of quality programs
- Increase the supply of quality programs
- Increase referrals from healthcare providers
- Increase referrals from healthcare providers
- Increase demand for the National DPP among people at risk
- Increase demand for the National DPP among people at risk
- Increase coverage among public and private payers
- Increase coverage among public and private payers
CDC Recognition: Overview

Recognition involves assuring quality by developing and maintaining a registry of organizations recognized (by CDC’s Diabetes Prevention Recognition Program) for their ability to deliver effective type 2 diabetes lifestyle interventions.

Key Activities

Quality Standards
- DPRP Standards and Operating Procedures
- Updated every 3 years

Registry of Organizations
- Online registry and program locator map

Data Systems
- Data analysis and reporting
- Feedback/technical assistance for CDC-recognized organizations

New Application Data Elements

- 4 Delivery Modes with one application per delivery mode required:
  1. In-person (delivery is 100% in-person)
  2. Online (delivery is 100% online)
  3. Distance learning (new):
     - Delivered 100% by trained Lifestyle Coaches via remote classroom or telehealth (i.e., conference call or Skype) where the Lifestyle Coach is present in one location and participants are calling or video-conferencing in from another location.
  4. Combination (new):
     - Delivered as a combination of any of the previously defined delivery modes for all participants by trained Lifestyle Coaches

Participant Eligibility Changes

- BMI thresholds:
  - Non-Asian: BMI of greater than or equal to 25 kg/m²
  - Asian-American: BMI of greater than or equal to 23 kg/m²

- Blood test eligibility:
  - A minimum of 35% of all participants in a cohort must be eligible for the lifestyle change program based on either a blood test indicating prediabetes or a history of GDM; 65% may come in on a risk test
  - 100% of Medicare Diabetes Prevention Program participants must come in on a blood test

3 Categories of Recognition

1. Pending
   - Awarded upon approval of application

2. Preliminary
   - New recognition status that aligns with the final Centers for Medicare and Medicaid Services MDPP expanded model rule
   - Is attendance-based since data indicate that attendance past the first 6 months drives weight loss
   - Minimum required to become an MDPP supplier

3. Full
   - Highest level of CDC recognition awarded when an organization meets all DPRP Standards requirements
   - Organizations in Full can also apply to become MDPP suppliers

Data Submission Timeline and Evaluation

- Data submission now occurs every 6 months; organizations will receive progress/evaluation reports accordingly
- Numerators and denominators for evaluation toward Preliminary and Full recognition have been liberalized to help organizations serving all populations succeed
- Six new data elements collected for more thorough evaluation:
  1. Enrollment source (how a participant was referred to the program)
  2. Payer type (reimbursement source)
  3. Education (proxy for socioeconomic status)
  4. Delivery mode (per session to account for how make-up sessions are delivered and to track combination modes)
  5. Session ID (tracks session number by first 6 months, second 6 months, and for on-going maintenance sessions delivered in Year 2 by MDPP suppliers)
  6. Session type (denotes if a session is core, core maintenance, ongoing maintenance, or make-up)
Increase Demand for the Program Among People at Risk

Cumulative Number of Individuals Enrolled in the National DPP

160,378 individuals have enrolled in the National DPP as of Jan. 12, 2018.

Increase Demand for the Program
Among People at Risk

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CDC Diabetes Prevention Recognition Program
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Increase Demand for the Program Among People at Risk

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CDC Diabetes Prevention Recognition Program

Increase Referrals from Health Care Providers

CDC works with numerous partners to help identify and refer at-risk individuals to CDC-recognized diabetes prevention programs. Examples include:

1.

American College of Preventive Medicine

Partnership with the ACPM to increase health care provider screening/testing/referrals through training, developing local champions, and testing and evaluating approaches in the field.

American Medical Association

Partnership with AMA to increase health care provider screening/testing/referrals by engaging and activating state medical societies.

Y-USA

Partnership with the Y-USA to explore bi-directional e-referral models for use by health care systems and CDC-recognized diabetes prevention programs to screen and refer people at high risk for type 2 diabetes (pre-retrospectively or at point of contact).

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Increase Program Coverage & Reimbursement
Many public and private insurers are offering the National DPP as a covered benefit.

Commercial Insurers
Many commercial health plans provide some coverage for the National DPP. Examples include:
- AmeriHealth Caritas
- Anthem
- BCBS Florida
- BCBS California
- BCBS Louisiana
- Denver Health
- Managed Care: Medicaid, Medicare, Public Employees
- Emblem Health: IVY
- GEHA
- Humana
- Kaiser: CO & GA
- LA Care: Medicaid
- MVP’s Medicare Advantage
- Priority Health: MI
- United Health Care: National, State, Local, Private, and Public Employees

State Coverage
Over 3 million public employees/dependents in the following 22 states have the National DPP as a covered benefit:
- Colorado
- Kentucky
- Louisiana
- Maine
- Minnesota
- New Hampshire
- New York
- Rhode Island
- Washington
- Oregon (Ediscus)
- California
- Texas

The following states have approved coverage for Medicaid beneficiaries:
- Minnesota
- Montana
- New Jersey (2018)
- California (2018)

Medicaid Demonstration Project
CDC launched a demonstration project in Maryland and Oregon to design, evaluate, and implement a Medicaid coverage model in value-based plans.

Goal: to achieve sustainable coverage of the National DPP for Medicaid beneficiaries under existing Medicaid authorities.

The Plan
July 1, 2016 – June 30, 2018
- Maryland and Oregon developed and implemented a delivery model for the National DPP through either Medicaid managed care organizations or accountable care organizations
- The delivery model includes the following components:
  - Screening, referring, and enrolling eligible Medicaid beneficiaries in CDC-recognized programs (in-person and virtual)
  - Implementing a value-based coverage and reimbursement model
  - Providing support to participants to ensure successful completion of the program
- Maryland and Oregon are participating in a comprehensive evaluation which will include:
  - Costs
  - Participant outcomes

Successful models will be translated for use by other states.

Resources for CDC-recognized Organizations

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<tr>
<th>Tool</th>
<th>Description</th>
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<tr>
<td>DPRP Welcome Kit / Video</td>
<td>Description of the DPRP, advantages of CDC recognition, and key characteristics of successful CDC-recognized organizations</td>
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| Videos for CDC-recognized Organizations | Videos include:  
  - “Assuring Your Capacity to Offer a CDC-Recognized Diabetes Prevention Program”  
  - “Learning the DPRP National Standards”  
  - “Making Required Data Submissions”  
  - “Improving Outcomes Using the 12-Month Data Submission” |
| Tip Sheets            | Tip sheets based on practical lessons learned from national organizations and their affiliates funded under cooperative agreement 1212 |
Resources for States, Employers, and Insurers

Diabetes Prevention Impact Toolkit

https://nccd.cdc.gov/Toolkit/Diabetesimpact/

- Online resource to support Medicaid, Medicare Advantage, and commercial health plans that are considering covering or implementing the National DPP lifestyle change program
- Covers topics such as contracting, delivery options, coding & billing, data & reporting
- Developed by the National Association of Chronic Disease Directors (NACDD), Leavitt Partners, and the Centers for Disease Control and Prevention (CDC)
- Includes special sections on how to obtain Medicaid coverage and draw down federal funds

National DPP Customer Service Center

CDC expects to launch the Customer Service Center in late April 2018.

Purpose: Provide a hub for resources, training, and technical assistance for CDC-recognized program delivery organizations and other National DPP stakeholder groups

Find Resources and Info
- Quickly and easily find relevant resources and events (FAQs, toolkits, training videos, webinars)
- Discuss opportunities and challenges with the National DPP community

Receive Technical Assistance
- Engage with technical assistance coordinators and subject matter experts via the web-based platform or email
- View the status of and update existing technical assistance requests

Provide Feedback and Input
- Submit feedback on your satisfaction with the technical assistance, resources, and web-based platform
- Share success stories and suggest additional resources

http://nationaldppcoveragetoolkit.org/